



SAFE ROUTES TO SCHOOL

Protect Your Head!

Lesson Plan

| | |
|-------------------|---|
| Grade Level: | 3-5 |
| Subject Areas: | Practical Living/Vocational Studies |
| Core Content: | PL-(EP,04,05)-1.4.01 |
| Overview: | During this lesson students will discover that wearing a helmet while riding a bicycle is a wise decision for personal safety and healthy living. |
| Suggested Time: | 1 class period |
| Materials Needed: | Newspaper, cardboard box with six inches of Styrofoam pellets, bicycle helmet, ½ dozen raw eggs, Jello in a Jar video |

Activities:

1. Lead the class in a discussion on reasons to walk or bike to school or other places instead of driving. Write the reasons on the board. Be sure to include health and environmental benefits.
2. Show Jello In a Jar video. Discuss the reasons Travis was severely injured.
3. Show a bicycle helmet. Have a student put it on without connecting the chin strap. Discuss how effective this will be in case of an accident. Have the student bend over at the waist to have the helmet fall off. Then have a student put on the helmet and secure it properly and bend over. Discuss proper usage of a helmet – not too far back, forward, big, little, etc.
4. Discuss the purposes of both pieces that make up a helmet (hard plastic shell which allows your head to skid and reduces neck injuries and Styrofoam which protects your head from impacts).
5. Demonstrate how Styrofoam protects the head by doing an egg drop demonstration. Have a student drop an egg from as high as his/her head onto a spread out newspaper. Discuss how this represents a person's head hitting the pavement in an accident. Next, have another student drop an egg from the same height into the box of pellets. Retrieve the egg and discuss how the pellets protected the egg from injury. You may have to repeat this step several times to convince the students.
6. Finish the lesson with a discussion about being "cool" vs. being safe.



SAFE ROUTES TO SCHOOL

Protect Your Head!

Lesson Plan

Extensions:

- Have students write a letter to the editor of the local paper expressing their views on the importance of wearing a bike helmet.
- Invite a health care professional who works with head trauma patients to speak to the class regarding the importance of wearing a bicycle helmet.

